## Friendship Heights Village Center



# Calendar of Events 201

0 E R **TUESDAY WEDNESDAY THURSDAY SATURDAY SUNDAY MONDAY FRIDAY** Smile, breathe and laugh along with other 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 9 a.m.-1 p.m.: Twin Springs Farm Market seniors and toddlers too as Tonya Walton Ongoing 10:15 a.m.–1 p.m.: 10:30 a.m.: Chair Yoga and 10 a.m.-12 p.m.: Village 10:30 a.m.: Coffee and Meditation Playtime Current Events brings an intergenerational exercise 11 a.m.: Still Life and 10:30 a.m.: Balance, 11 a.m.-1 p.m.: Fused 12-4 p.m.: Blood Pressure Mobile Commuter Screening 1 p.m.: Balance and Fall Glass Workshop program to the Village Center. Beyond Movement and Store 10:15 a.m.: Yiddish 4-5:30 p.m.: Spanish Memory Join us on Tuesday, Oct. 15, from 10:30 12 p.m.: Chess 1 p.m.: All in the Eyes Prevention Conversation 1 p.m.: Abstract Painting 1 p.m.: Painting for 7 p.m.: Movie: to 11:30 for Tonya's Tots and Seniors. Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 1-4 p.m.: Flu Shots Breakthrough 7 p.m.: Concert: Christiana Drapkin This gentle exercise intergenerational program is guaranteed to make you smile! 6:30 p.m.: Mat Pilates No need to sign up, just stop in! 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club

10 a.m.: Music with 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and 9:30 a.m.: Tai Chi Ongo-8:15 a.m.: Walking Club 9:30 a.m.-1 p.m.: Coffee 10 a.m.: Great Books 9 a.m.-1 p.m.: Twin ing 10:30 a.m.: Chair Yoga and and Sunday Papers 12:30 p.m.: Bridge Club Marsha Goodman-**Springs Farm Market** Current Events 10:15 a.m.-1 p.m.: Meditation 11 a.m.: Still Life and 1 p.m.: Strength Training 10:30 a.m.: Balance, 12-1 p.m.: Lunchtime Wood County Mobile 12–4 p.m.: Blood Pressure 3 p.m.: Concert with Commuter Store Movement and **Lessons: Great** Bevond Courses DVD: John Eaton Screening 1 p.m.: Balance and Fall 11 a.m.:Chair Exercise Memory 4–5:30 p.m.: Spanish Washington, the 1 p.m.: Abstract Painting 12 p.m.: Chess Conversation White House and the Prevention **No Concert** 5:30 p.m.: Community 1 p.m.: Painting for Presidency **Advisory Committee** Everyone 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Meeting
7 p.m.: Movie: Bottom of the Ninth Therapy 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and 8:15 a.m.: Walking Club
10:30 a.m.: Tonya's Tots
and Seniors 9:30 a.m.: Tai Chi Intro. 9:30 a.m.: Tai Chi 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 10 a.m.: Great Books Ongoing 10:15 a.m.–1 p.m.: 10:30 a.m.: Chair Yoga and 9 a.m.-1 p.m.: Twin 9:30 a.m.-1 p.m.: Coffee Center Open Current Events Springs Farm Market Meditation and Sunday Papers
11:30 a.m.-1 p.m.: Art 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure 4–5:30 p.m.: Spanish 9 a.m-2 p.m. County Mobile 10:30 a.m.: Balance, 12-1 p.m.: Lunchtime Commuter Store Conversation Movement and Lessons: Great Reception Screening 1 p.m.: Balance and Fall 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 6:30 to 8 p.m.: Fall Memory Courses DVD: The 1 p.m.: Abstract Painting **Festival Supreme Court and** 12 p.m.: Chess Prevention the Legislature 1 p.m.: Painting for 1 p.m.: Suburban Everyone 2–4 p.m.: Nurse Specialist Lecture: Staying **firm on you feet** 1 p.m.: All in the Eyes 3–4 p.m.: Tea 7:30 p.m.: Friendship 7 p.m.: Concert: Mini-**Heights Village** Musicals:The Music **Council Meeting** 8:15 a.m.: Walking Club 9:45 a.m.: Depart for 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Intro. 9:30 a.m.: Tai Chi 9:15 a.m.: Drop-In Tai Chi 9:30 a.m.-1 p.m.: Coffee 10:30 a.m.: Chair Yoga 9 a.m.-1 p.m.: Twin Ongoing 10:15 a.m.–1 p.m.: 10 a.m.: Great Books 10:30 a.m.: Coffee and 10 a.m.-2 p.m: MVA Mobile Office and Sunday Papers Winchester and Meditation **Springs Farm Market** Current Events 9:30 a.m.-1 p.m.: Coffee 10 a.m.: Music with 11 a.m.: Still Life and 10 a.m.-2 p.m.: Drug Take-Back Day County Mobile 10:30 a.m.: Balance, 12:30 p.m.: Bridge Club and Sunday Papers Marsha Goodman-Beyond Commuter Store Movement and 1 p.m.: Strength Training Wood 12-1 p.m.: Vision 10:15 a.m.: Yiddish Memory 12-4 p.m.: Blood Pressure **Resource Lunch and** 11 a.m.: Chair Exercise 1 p.m.: Abstract Painting Screening 1 p.m.: Balance and Fall 12 p.m.: Chess Learn 6:30-8:30 p.m.: 1 p.m.: All in the Eyes 4-5:30 p.m.: Spanish Children's Halloween Prevention Conversation 7 p.m. Concert: 1 p.m.: Painting for 5-7 p.m.: Shred-It Truck TRDuo Everyone 7 p.m.: Movie: Yesterday 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates 8:15 a.m.: Walking Club 10 a.m.- 12 p.m.: Village 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 9:30 a.m.: Tai Chi 9:10 a.m.: Yoga Ongoing 10:15 a.m.–1 p.m.: 10 a.m.: Great Books 10:30 a.m.: Chair Yoga and 9:30 a.m.-1 p.m.: Coffee Playtime 12–4 p.m.: Blood Pressure 12:30 p.m.: Bridge Club Meditation and Sunday Papers 11 a.m.: Still Life and 1 p.m.: Strength Training County Mobile Screening 5:30 p.m.: Council Public Work Session Beyond Commuter Store 1 p.m.: Balance and Fall 4–5:30 p.m.: Spanish 10:15 a.m.: Yiddish on Aging in Place 11 a.m.: Chair Exercise 2 p.m.: Adult Halloween 1 p.m.: Painting for 6:30-8:30 p.m.: 12 p.m.: Chess Everyone **Monday Mountain** 1 p.m.: All in the Eyes Stories with Jane 2-4 p.m.: Nurse Specialist Music Jam 7 p.m. Concert: Dolkart 7 p.m.: Movie: Hotel 3–4 p.m.: Tea Magician Michael 6:30 p.m.: Mat Pilates Transylvania **Taggert** 

#### **Shuttle bus hours**



Monday through Friday

6:40 a.m. to 9:40 p.m.

Saturday and Sunday 8 a.m. to 7 p.m.

#### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. 9 a.m. to 5 p.m. Friday Saturday and Sunday 9 a.m. to 2 p.m.

### Take a video tour of Washington, D.C., with **Lunchtime Lessons by Great Courses**

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C. on Saturday, Oct. 12, and Saturday, Oct. 19, from 12 to 1 p.m.

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

Saturday, Oct. 12, the DVDs feature Smithsonian Distinguished Scholar Richard Kurin presenting "How Washington D.C. came to be," and "The White House and the Presidency."

On **Saturday**, Oct. 19, the DVD presents Dr. Kurin as he covers "The Capitol Building and the Legislature," and "The Supreme Court and the Law of the Land." We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.